

# BE THE 1 TO MAKE A DIFFERENCE

## PREVENT A HOMICIDE

Below are a few tips to assist Louisville residents to begin their journey towards creating a city where all citizens feel secure, supported and prepared for lifelong success:<sup>1</sup>

<b>Business Community</b>	<ul style="list-style-type: none"> <li>• Create a companywide community volunteer or mentorship policy</li> <li>• Donate funding to local prevention efforts</li> <li>• Implement restorative justice practices (i.e. support the Ban the Box campaign)</li> <li>• Partner with local community based agencies, schools or houses of faith to develop programs and initiatives in your area</li> </ul>
<b>Concerned Citizens</b>	<ul style="list-style-type: none"> <li>• Participate in community programs and activities (i.e. Police Division programs, community agency activities, etc.)</li> <li>• Share resources with your friends, family members and peers</li> <li>• Become a mentor and/or join the Crisis Response Team</li> </ul>
<b>Community Advocates &amp; Leaders</b>	<ul style="list-style-type: none"> <li>• Share community resources, create assets map of your community and share with public and your community</li> <li>• Support and/or partner with local Police Division activities, local government or community initiatives</li> <li>• Become a mentor and/or join the Crisis Response Team</li> </ul>
<b>Educators</b>	<ul style="list-style-type: none"> <li>• Implement restorative justice practices</li> <li>• Develop holistic teaching strategies</li> <li>• Share resources, experiences and expertise with peers, students and local community</li> <li>• Become a mentor and/or join the Crisis Response Team</li> </ul>
<b>Faith Leaders</b>	<ul style="list-style-type: none"> <li>• Share resources with congregation and public</li> <li>• Partner with nearby churches and community agencies to host community events and forums</li> <li>• Become a mentor and/or join the Crisis Response Team</li> </ul>
<b>Mental Health Professionals</b>	<ul style="list-style-type: none"> <li>• Share resources, knowledge and experiences</li> <li>• Partner with faith leaders, community leaders and local government efforts</li> <li>• Become a mentor and/or join the Crisis Response Team</li> </ul>
<b>Offenders</b>	<ul style="list-style-type: none"> <li>• Learn about the resources available to you</li> <li>• Utilize local faith leaders and community leaders for their expertise and experience, Find a mentor</li> <li>• Participate in community activities at your local Police Division or nearby community agencies</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>• Learn about the resources available to you and your children</li> <li>• Be active in your child's academic and social experiences</li> <li>• Participate in community events, community agencies and places of faith</li> </ul>
<b>Social Service Agencies &amp; Workers</b>	<ul style="list-style-type: none"> <li>• Attend trainings: new ways of engagement and/or cross cultural knowledge</li> <li>• Share resources, expertise and time with public</li> <li>• Partner with nearby agencies, businesses, houses of faith and/or schools</li> </ul>
<b>Students</b>	<ul style="list-style-type: none"> <li>• Share your experiences with peers</li> <li>• Find a mentor or become a mentor</li> <li>• Participate in local community programs and activities</li> </ul>
<b>Survivors of Violence</b>	<ul style="list-style-type: none"> <li>• Share your experiences</li> <li>• Become a mentor and/or join the Crisis Response Team</li> <li>• Participate in Police Division, community agencies and other community programs and activities</li> </ul>
<b>Youth &amp; Young Adults</b>	<ul style="list-style-type: none"> <li>• Find a mentor or become a mentor</li> <li>• Share your experiences with your parents/guardians</li> <li>• Attend school, community agencies and places of faith</li> </ul>

<sup>1</sup> For more information on violence prevention see:  
<http://www.cdc.gov/violenceprevention/overview/index.html>



# BE THE 1 TO MAKE A DIFFERENCE

## PREVENT A SUICIDE

Below are a few tips to assist Louisville residents to begin their journey towards creating a city where all citizens feel secure, supported and prepared for lifelong success:<sup>2</sup>

<b>Business Community</b>	<ul style="list-style-type: none"> <li>• Train managers and supervisors to identify suicide warning signs and the steps to take during crisis</li> <li>• Post suicide hotline number in break rooms, employee bathrooms or other employee gathering areas</li> <li>• Implement or promote Employee Assistance Program</li> </ul>
<b>Concerned Citizens</b>	<ul style="list-style-type: none"> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources and share with peers</li> <li>• Act quickly if you believe someone is suicidal, do not hesitate; offer support and <b>Call 911</b></li> <li>• Get involved in state, city and community efforts</li> </ul>
<b>Community Advocates &amp; Leaders</b>	<ul style="list-style-type: none"> <li>• Educate your community on suicide and mental illness</li> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources</li> <li>• Get involved in state, city and community efforts</li> <li>• Spread the message that suicide is preventable!</li> </ul>
<b>Educators</b>	<ul style="list-style-type: none"> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources and share with peers</li> <li>• Complete Suicide Prevention (QPR) Training (<a href="http://www.qprinstitute.com">www.qprinstitute.com</a>)</li> <li>• Create smooth and consistent pipelines to help students at risk</li> <li>• Act quickly if you believe someone is suicidal, do not hesitate; offer support and <b>Call 911</b></li> </ul>
<b>Faith Leaders</b>	<ul style="list-style-type: none"> <li>• Spread the message that suicide is preventable!</li> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources and share with peers</li> <li>• Identify who to contact in an emergency</li> </ul>
<b>Mental Health Professionals</b>	<ul style="list-style-type: none"> <li>• Make changes within your professions</li> <li>• Participate in community outreach and prevention programs</li> <li>• Help teach the public warning signs and risk factors of suicide</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources</li> <li>• Understand that suicide is preventable</li> <li>• Attend a parent suicide prevention training and learn how to have tough conversations</li> </ul>
<b>Social Service Agencies &amp; Workers</b>	<ul style="list-style-type: none"> <li>• Know the risk factors and warning signs</li> <li>• Identify your agency's policy on helping clients who may be at risk for suicide</li> <li>• Know that suicide is preventable</li> </ul>
<b>Students</b>	<ul style="list-style-type: none"> <li>• If you are in a crisis, get help immediately. <b>Call National Suicide Lifeline (1-800-273-TALK)</b></li> <li>• Identify resources at your school; (i.e. guidance counselor, family resource or youth service center counseling center, health center, etc.)</li> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources and share with peers</li> </ul>
<b>Suicide Attempt Survivors</b>	<ul style="list-style-type: none"> <li>• If you find yourself re-considering suicide, get help immediately. <b>Call 1-800-273-TALK</b></li> <li>• Develop a strong support network; join a support group</li> <li>• Share your story of survival when you are ready</li> </ul>
<b>Family/Friend of Suicide Victim</b>	<ul style="list-style-type: none"> <li>• Share your story of survival when ready</li> <li>• Find a support group, become an advocate, mentor or volunteer</li> <li>• Know that you are not alone</li> </ul>
<b>Veterans</b>	<ul style="list-style-type: none"> <li>• Visit your local Veterans Affairs office and utilize the services and programs</li> <li>• Share your story of survival when ready</li> <li>• Become an advocate, mentor or volunteer</li> </ul>
<b>Youth &amp; Young Adults</b>	<ul style="list-style-type: none"> <li>• Know that suicide is preventable</li> <li>• Identify the individuals in your life who you can go to if you are considering suicide</li> <li>• Learn the warning signs and risk factors for suicide and locate nearby resources and share with peers</li> </ul>

<sup>2</sup> For warning signs and more information see: <http://www.suicidepreventionlifeline.org/Learn/WarningSigns> or <http://www.cdc.gov/violenceprevention/suicide/index.html>



# BE THE 1 TO MAKE A DIFFERENCE

## PREVENT AN OVERDOSE

Below are a few tips to assist Louisville residents to begin their journey towards creating a city where all citizens feel secure, supported and prepared for lifelong success: <sup>3</sup>

<b>Business Community</b>	<ul style="list-style-type: none"> <li>• Implement or promote your Employee Assistance Program</li> <li>• Donate to drug and alcohol prevention efforts and drug rehabilitation facilities</li> <li>• Share common signs of drug use and overdose with all employees</li> <li>• Provide crisis line number ( <b>National helpline: 1-800-662-HELP</b> ) and other community resources to employees</li> </ul>
<b>Concerned Citizens</b>	<ul style="list-style-type: none"> <li>• Share resources, knowledge and prevention tips with your community</li> <li>• Learn the signs and symptoms of drug use, drug overdose and drug addiction</li> <li>• Join and support local prevention coalitions in your area</li> <li>• Participate in and promote local prescription drug take back events</li> </ul>
<b>Community Advocates &amp; Leaders</b>	<ul style="list-style-type: none"> <li>• Share resources, knowledge and prevention tips with your community</li> <li>• Join and support local prevention coalitions in your area</li> <li>• Participate in and promote local prescription drug take back events</li> <li>• Follow the overdose prevention action steps: 1) Check to see if they can respond; 2) Call 911; 3)Rescue Breathing; 4) Give Naloxone (If applicable); 5) Encourage the person to go to the hospital</li> </ul>
<b>Drug Users<sup>4</sup> (Prescription)</b>	<ul style="list-style-type: none"> <li>• Seek help for addiction; identify resources in your area; <b>Call National helpline: 1-800-662-HELP/Narcotics Anonymous: 502-499-4423 or 502-569-1769</b></li> <li>• Take medication as directed; pay special attention when mixing medications and drinking alcohol</li> <li>• Keep medication in secure and safe location away from children and store items appropriately</li> <li>• Do not take unlabeled or expired medications without checking with physician/pharmacist</li> <li>• Dispose of unused and expired medication properly</li> <li>• <b>Call 911 or your physician immediately</b> in case of suspected overdose</li> </ul>
<b>Drug Users (Illicit)</b>	<ul style="list-style-type: none"> <li>• Seek help; identify resources in your area; <b>Call National helpline: 1-800-662-HELP/Narcotics Anonymous: 502-499-4423 or 502-569-1769</b></li> <li>• Attend a Twelve Step Meeting in your area</li> <li>• Have an overdose plan with people you use with and don't share needles with others; don't mix alcohol, benzos/pills, heroin or methadone—any combination of these drugs can slow breathing and heart rate until both stop working</li> </ul>
<b>Educators</b>	<ul style="list-style-type: none"> <li>• Learn the signs and symptoms of drug use, drug overdose and drug addiction</li> <li>• Identify resources in your institution and community</li> <li>• Share resources, knowledge and prevention tips with students and peers</li> </ul>
<b>Faith Leaders</b>	<ul style="list-style-type: none"> <li>• Follow the overdose prevention action steps: 1) Check to see if they can respond; 2) Call 911; 3)Rescue Breathing; 4) Give Naloxone (If applicable); 5) Encourage the person to go to the hospital</li> <li>• Share resources, knowledge and prevention tips with your community</li> <li>• Join and support local prevention coalitions in your area</li> </ul>
<b>Family/Friend of Overdose Victim</b>	<ul style="list-style-type: none"> <li>• Share your experience; join a support group</li> <li>• Learn the signs and symptoms of drug use, drug overdose and drug addiction</li> </ul>
<b>Mental Health Professionals &amp; Social Service Agencies</b>	<ul style="list-style-type: none"> <li>• Share resources, knowledge, prevention tips, signs and symptoms of drug use, drug overdose and drug addiction</li> <li>• Follow the overdose prevention action steps: 1) Check to see if they can respond; 2) Call 911; 3)Rescue Breathing; 4) Give Naloxone (If applicable) ; 5) Encourage the person to go to the hospital</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>• Learn the signs of drug use and drug overdose and identify the resources in your area</li> <li>• Talk with children frequently about the illegal use of drugs including prescription drugs and potentially harmful effects</li> <li>• Keep prescription drugs out of reach of children and dispense as directed</li> </ul>
<b>Overdose Survivors</b>	<ul style="list-style-type: none"> <li>• Seek help if you have not done so; <b>Call National helpline: 1-800-662-HELP/Narcotics Anonymous: 502-499-4423</b></li> <li>• Learn the signs of drug use and drug overdose and identify the resources in your area</li> <li>• Share your story of survival; join a support group; volunteer with nearby rehabilitation facility</li> </ul>
<b>Youth &amp; Young Adults</b>	<ul style="list-style-type: none"> <li>• Learn the signs of drug use and drug overdose and identify the resources in your area and share with your peers</li> <li>• Find a responsible and caring adult to talk to about drug use</li> </ul>

<sup>3</sup> For more information on overdose prevention and drug use see: <http://www.samhsa.gov>

<sup>4</sup> For list of prescription drug drop boxes see: <http://rxdrugdropbox.org/>

